

Positive Alternatives 2017 - 18 Quarterly Update

Grantee (Name and city): Northside Life Care Center, Minneapolis

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Goal: To provide quality prenatal care to women who may otherwise experience barriers to access, and to offer support services both before and after birth

For the period/quarter: July 1 – September 30, 2017 / Third Quarter 2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Managing and administering the Positive Alternatives grant			
Outreach	Promoting the Positive Alternative programming			
Adoption Education	<u>Program:</u> Small Steps <u>Staff:</u> Small Steps Counselors <u>Stat:</u> <u>Number of visits clients received adoption education</u>	5	No clients completed the adoption packet in Small Steps in the third quarter. This may reflect that many of the clients currently in the program are either long-time or very new clients. Clients often choose to complete that packet in about the fourth or fifth visit. – SSD/ks	-0-

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Case Management Services	<p><u>Program:</u> Small Steps and Prenatal Care Counseling</p> <p><u>Staff:</u> Small Steps Counselors and Clinic Counselor</p> <p><u>Stat 1: Number of client visits to Small Steps</u> (Clients must meet with counselor at least once a month. Most meet twice a month for up to 6 months. Clients receive incentive items for following through)</p> <p><u>Stat 2: Number of prenatal visits with Clinic Counselor</u></p>	60	<p>I have had a wide variety of backgrounds in my clients this quarter. Many have jobs we are working around to set up appointments. Small Steps is particularly valuable to clients who have no support system. The bi-monthly appointments provide an opportunity to build relationships. SS3/cl</p> <ul style="list-style-type: none"> – <u>S</u>mall <u>S</u>teps <u>D</u>irector (133) - Clinic Patients (57) 	190
Crib Distribution/ Sleep Safety Education	<p><u>Program:</u> Small Steps and Prenatal Clinic</p> <p><u>Staff:</u> Small Steps counselors and Clinic Nurse</p> <p><u>Stat: Number of visits clients received safe sleep education</u> (Meet individually with clients who complete assignments and assess progress All Small Steps clients complete safe sleep and SIDS curriculum Provide crib or Pack n Play if appropriate Clinic nurse meets individually with client and discusses safe sleep with resources and/or video)</p>	25	<p>No cribs sold through Small Steps this quarter. Several baby boxes were distributed after presenting their certificates of completion. A couple did the safe sleep test together and dad got more right than mom. SS2/bk</p> <p>Two pack and plays were given out through Small Steps in the third quarter. As mentioned above we are now distributing the baby boxes and many clients are choosing those for their babies to sleep in in the first couple of months. SSD/ks</p> <p>– <u>S</u>mall <u>S</u>teps <u>D</u>irector (SS Total 6)</p> <p>Clinic nurse handed out educational brochures on Safe Sleep and discussed with client/patient at her 36 week visit. A video is offered as well as the brochures. (NM Total 12)</p>	18

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Education Assistance	<u>Program:</u> Small Steps <u>Staff:</u> Small Steps Counselors <u>Stat: Number of visits clients worked on education goals</u> (Meet individually with clients who complete assignments and assess progress. Clients who choose education as a goal enroll in ESL,GED, or other educational programs Clients receive incentives for following through)	5	Clients are registering for January classes. Comment SS3/cl (SS Total 5)	5
Employment Assistance	<u>Program:</u> Small Steps <u>Staff:</u> Small Steps Counselors <u>Stat: Number of visits clients worked on employment goals</u> (Meet individually with clients who complete assignments and assess progress Clients who choose employment as a goal work on resumes and apply for jobs Clients receive incentives for following through)	6	No clients of mine worked on job-related goals this quarter. Comment SS2/bk (SSD/ks Total 4)	4
Housing Assistance	<u>Program:</u> Small Steps <u>Staff:</u> Small Steps Counselors <u>Stat: Number of times SS counselor researched or advocated for client housing needs</u>	6	Housing issues continue to be a common concern among our clients, and often become a goal that they work on in Small Steps. Recently some clients have had to look for housing as their landlords have decided to sell the properties, and they have found out that the housing market is very tight and rents are rising.	6

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			SSD/ks	
Life-Skills Education Program	<p><u>Program:</u> Small Steps <u>Staff:</u> Small Steps Counselors <u>Stat:</u> <u>Number of visits clients worked on life skills</u> (Meet individually with clients who complete assignments and assess progress. Clients work on life skills i.e.: budgeting and finances, cleaning and organizing, chastity, exercise, nutrition, getting a driver's license, etc. Clients receive incentives for following through)</p>	25	<p>Many clients state financial stability as part of their ideal life. They find the financial management lessons to be helpful. Comment SS3/cl</p> <p>Two clients have getting their licenses as a goal. They are currently driving alone and without licenses. Comment SS2/bk</p>	31
Material Support	<p><u>Program:</u> Small Steps and Prenatal Clinic <u>Staff:</u> Small Steps Counselors and Prenatal Nurses <u>Stat:</u> <u>Number of items distributed to clients</u> (This DOES NOT include items offered as incentives. It DOES include items such as COH pack-n-plays, bundles of love, layettes, postnatal gifts, etc.)</p>	25	<p>Patients receive a coupon for a new outfit and diapers for their baby that we mail within a few weeks or months of delivery. Patients often come in with their babies to redeem their coupons, which gives us an opportunity to see their sweet babies and also check in with them and see how they are doing. SSD/ks</p> <p>- SS Total 31 (all items listed plus baby boxes)</p> <p>Layettes were given out to each Prenatal patient at the 32 week visit. They are gender-based. We try to pay special attention to culture as well as if the partner is involved in the pregnancy. Each layette is prayed over before it is given out. We also began giving out information re: Baby Box University, and give the patients access to on-line education in order to receive a certificate and a</p>	46

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			baby box, which has been shown to reduce SIDS by up to 70% in studies in Finland. (NM 15)	
Mental Health	<u>Program:</u> Prenatal Clinic <u>Staff:</u> Fairview Riverside Midwives, Clinic Nurses, Clinic Counselor <u>Stat:</u> <u>Number of times patient received mental health assessment and/or referral</u> (All prenatal patients receive a mental health assessment at their second OB visit, at 26 weeks and at 36 weeks Referrals are made for those patients needing more in depth mental health counseling)	25	<p>Patients experiencing mental health challenges (e.g. anxiety, depression) are often not interested in a referral for counseling. Some reasons given are that they didn't find it helpful in the past, and no time to pursue it. This counselor offers little tips and suggestions periodically to help them along in those cases. SSD/ks (2)</p> <p>Each prenatal patient fills out a depression screen at least 3 times during the pregnancy (NOB visit, at 24-28 weeks, and again at 36 weeks, and prn). We use the PHQ-9 which asks 9 questions related to depression/anxiety in pregnancy. If anxiety seems to be an issue, the GAD-7 questionnaire is the used. Medication and/or referral for counseling are prescribed/recommended by the CNM. (39 screens, 2 received rx for anxiety or depression and were referred for counseling) Appropriate follow-up is also scheduled.</p>	41
Nutrition	<u>Program:</u> Small Steps, Prenatal Clinic, Client Services <u>Staff:</u> All Center Staff <u>Stat 1:</u> <u>Number of Prenatal vitamins distributed</u> (All clients with positive pregnancy tests are given prenatal vitamins if they don't already have them Prenatal patients are given prenatal vitamins when indicated) <u>Stat 2:</u> <u>Number of food gift cards</u>	25	<p>Client Services distributes prenatal vitamins with positive pregnancy tests. This becomes a precious opportunity to encourage clients to nurture the brain and development of their unborn child. Some have even stated that this was why they came in for their pregnancy test was in order to receive the prenatal vitamins. -DCS</p> <p>A patient was nervous because she felt like she was coming down with a cold and her due date was about two weeks away. She received a gift card to enable her to buy some vitamin c to help</p>	30 prenatal vitamins 2 gift cards

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	<u>distributed</u>		boost her immune system, and ultimately her cold symptoms diminished. – SSD/ks	
Parenting Education Parenting Education (cont.)	<u>Program:</u> Small Steps <u>Staff:</u> Small Steps Counselors <u>Stat:</u> <u>Number of visits clients worked on parenting goals</u> (Meet individually with clients who complete assignments and assess progress Clients can choose parenting, discipline, baby care etc. as a goal Clients receive incentives for following through)	50	We have some discipline programs that are very popular with our clients who also have toddlers and preschoolers. One of those is our 123 Magic series. Founded on the idea that parents often view their children as little adults, and subsequently expect them to respond to correction as an adult would. This can lead to immense frustration as children often need many times over the amount of correction in order to bring about changes to their behavior. 123 Magic helps parents adopt more realistic expectations of their child, and work on setting limits and enforcing consequences in a constructive way without all the “verbal garbage”, as Dr. Phelan describes it. SSD/ks	90
Pregnancy Education	<u>Program:</u> Small Steps and Prenatal Clinic <u>Staff:</u> Small Steps Counselors and Clinic Nurses <u>Stat 1:</u> <u>Number of SS visits clients worked on prenatal goals</u> (Meet individually with clients who complete assignments and assess progress. Clients can choose any subjects under the “Pregnancy/Prenatal Care” category. Clients receive incentives for following through) <u>Stat 2:</u> <u>Number of visits prenatal</u>	50	A young teen-age couple has had a great time learning about labor, delivery and babies. Comment SS3/ cl (SS Total 7) Every client/patient who comes in for an ultrasound (U/S) or prenatal visit received prenatal education in depth. Car seat safety and Shaken baby (SB) information/pamphlets are given to each one. Videos are offered as well on SB and breast feeding. We also initiated a new Positive Pregnancy Packet, which has been used by Abria and was updated with the materials we had been giving out to clients @ North side. This is given to every positive pregnancy test and U/S patient (if pregnancy test was not done @ NS). 93 PN pts 40 U/S pts ***Estimate of visits using eKyros by DCS - 112	119

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	<u>patients received prenatal education from Clinic Nurse</u>			
Prenatal Medical Care	<u>Program:</u> Prenatal Clinic <u>Staff:</u> Fairview Riverside Midwives, Clinic Nurses, Clinic Counselor <u>Stat:</u> <u>Number of visits clients received prenatal care services</u> (Nurse midwives provide prenatal care and center staff provides support services to patients)	25	There were 93 prenatal patients during this quarter that were seen in our clinic. 13 were NOBs, 80 were returning OBs. There were 14 deliveries, 18 prenatal intakes and 2 transfers. – NM *** Estimate of visits using eKyros by DCS - 112	112
Provide Necessary Services to all clients	<u>Program:</u> Small Steps and Prenatal Clinic <u>Staff:</u> Small Steps and Clinic Staff (PAG Staff Only) <u>Stat:</u> <u>Number of all new Small Steps clients and all new Prenatal patients (SOS and cardex forms to create demographic total)</u> (Provide intake assessment to determine need Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals)	60	– SSD (17) 13 were NOBs, and 2 transfers. – NM (15)	32

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Provide Necessary Services Assessments Only	<u>Program:</u> Client Services <u>Staff:</u> Client Services Staff (non-PAG Staff) <u>Stat:</u> Number of all new Client Services clients (SOS forms to create demographic total) (Provide intake assessment to determine need – SOS forms for financials, clothes closet, and pregnancy tests Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals)	20	Client Services Staff completed 64 Client Services of Clothes Closet, Financial Assistance; 36 Pregnancy Tests, with approximately 2 Pregnancy Retests for a total number of 98 Scope of Services July through September 2017. - DCS	98
Transportation Assistance	<u>Program:</u> Small Steps <u>Staff:</u> Small Steps Counselors <u>Stat:</u> Number of times clients receive transportation assistance (Gas cards, taxi, or bus vouchers)	5	One patient very near her due date lost her job and her grandma within about a two week period, and was worried about being able to pay her upcoming rent. Besides being given resources to help her with her rent she also received a gift card for gas to help relieve some financial pressure and help her get where she needed to go in the next couple of weeks. SSD/ks	4

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	3
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	15
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	1

<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	20
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	14
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	18

Challenges: Our main challenge in Small Steps this past quarter has been staffing changes. One long-time Small Steps counselor retired at the end of August, and another person being trained in to replace her has decided to pursue other opportunities. While the waiting list for participating in the program has gotten quite long at times during this process, current staff have worked hard to fill spots as they open (e.g. calling clients on the waiting list when cancellations occur.) – Small Steps Director/ ks

Comments: These numbers may reflect both an increase in services and our improved systematic way of capturing numbers compared to previous quarters. – Director of Client Services.